



ORIGINAL RESEARCH PAPER

Nursing

EFFECTIVENESS OF PLAN TEACHING PROGRAMME ON KNOWLEDGE REGARDING THALESSEMIA AMONG ADOLESCENT IN A SELECTED COLLEGE STUDENT IN INDORE.

KEY WORDS: Awareness, Detection, Preventive Measures, Treatment Adherence, Reduced stigma, Global Impact.

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ABSTRACT

Thalassemia is a hereditary blood disorder characterized by abnormal haemoglobin production, leading to anaemia and other health complications. Adolescents are a crucial target group for health education interventions due to their receptiveness to information and potential to adopt healthy behaviours. This study aimed to assess the effectiveness of a Planned Teaching Program (PTP) on knowledge regarding thalassemia among adolescents in a selected college in Indore. A pre-experimental one-group pretest-post-test design was employed. A convenience sample of 30 adolescents participated in the study. The results demonstrated a significant improvement in knowledge scores after the implementation of the PTP. This study highlights the significance of health education interventions in enhancing awareness and knowledge about thalassemia among adolescents.

BACKGROUND OF THE STUDY

People with thalassemia can have mild to severe anaemia, and treatment may involve blood transfusions, iron chelation therapy, and, in severe cases, bone marrow transplantation. Thalassemia is more common in certain populations, particularly those with Mediterranean, African, Middle Eastern, and Southeast Asian ancestry.

Research and understanding of thalassemia have led to improvements in diagnosis, treatment, and management of the disorder. Ongoing studies focus on developing new therapies, gene therapy, and understanding the genetic basis of thalassemia to potentially offer more effective treatments in the future.

Need Of The Study

In September 2021, Thalassemia is a significant health concern in India, with an estimated 10,000 to 15,000 babies born with thalassemia major each year. The carrier rate is also quite high, with around 3-4% of the Indian population being carriers of thalassemia traits.

Problem Statement

“TO ASSESS THE EFFICIENT OF PLAN TEACHING PROGRAMME ON KNOWLEDGE REGARDING THALESSEMIA AMONG ADOLESCENT IN A SELECTED COLLEGE STUDENT IN INDORE.

Objectives Of The Study

- To assess the pre-test and post-test knowledge score regarding the awareness of thalassemia among students.
- To assess the effectiveness of plan teaching program regarding thalassemia among adolescent in a selected college students in Indore.
- To find out association between pretest knowledge score regarding thalassemia in students with their selected socio demographic variables.

HYPOTHESIS

- RH_{01} – There will be no significant difference between pretest and posttest knowledge score regarding thalassemia among students with their selected socio demographic variables.
- RH_1 – There will be significant difference between pretest and posttest knowledge score regarding thalassemia among students with their selected socio demographic variables.
- RH_{02} – There will be no significant association of pretest knowledge score regarding thalassemia among students with their selected socio demographic variables
- RH_2 – There will be significant association of pretest knowledge score regarding thalassemia among students with their selected socio demographic variables.

METHODOLOGY

The researcher adopted quantitative research approach were pre-experimental research design was used. The study consists of 30 students who were studying at Renaissance University Indore. The researcher prepared two set of questionnaire one to collect the demographic information of the samples and the other include a set of 18 items questionnaire to determine the knowledge regarding thalassemia. Data collected using a structured questionnaire and analysed using descriptive and inferential statistics.

RESULT

The analysis reported that among students were 14 (46.7%) males and 16 (53.3%) females in the present study, majority of female found in the study. It was observed that out of 30 samples, 17(56.6%) were graduate and 13(43.34%) were post graduated. Overall, it was highlighted, out of 30, In the pretest, 12 (40%) college students got poor knowledge Grade, 10 (33.4%) college students got average knowledge Grade, 8 (26.6%) college students got good knowledge Grade. In the post-test, 25 (83.4%) college students got good knowledge Grade, 5 (16.6%) college students got average knowledge Grade, none of them student got poor knowledge Grade.

INTERPRETATION AND CONCLUSION

After administration at day seven the average (Mean ± Standard Deviation) score to judge the knowledge (14.0±3.51points) among college students found to be significantly greater and improved as compared to average score of knowledge (5.83±3.07 points) at baseline stage. However, difference of 8.17 points in mean score of knowledge of nursing students were statistically strongly ($p < 0.001$) significant between pre and post administration.

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